

Lunch is served from 11:30 am-12:30 pm daily
All Lunches served with 2% Milk

SF County Senior Services - September 2013

Menus Are Subject To Change Without Notice

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
2	3	4	5	6
CLOSED FOR LABOR DAY	Chicken Sandwich Celery Sticks Tator Tots Angel Food Cake w/ Strawberries	Beef Tips Egg Noodles Salad w/ dressing Peas and Carrots Pears	Baked Fish Creamy Coleslaw Green Beans Biscuit Watermelon	Pork Stir Fry Stir Fry Vegetables Garden Salad w/ dressing Wheat Roll w/ margarine Apple Crisp
9	10	11	12	13
Beef Tacos Lettuce/Tomato/Cheese Pinto Beans Spanish Rice Salsa Cantaloupe	BBQ Chicken Parsley Potatoes Coleslaw w/ Pineapple Whole Wheat Roll Chocolate Pudding	Spaghetti w/ Meat Sauce Tossed Salad w/ dressing Green Beans Garlic Bread Jell-O w/ Fruit	Tuna Salad Whole Wheat Roll Leaf Lettuce/Tomato Chips Honeydew	Pork Chop Ole Rice Medley Oriental Vegetables Beets Fruit Cocktail w/ Cottage Cheese
16	17	18	19	20
Meatloaf Mashed Potatoes Fresh Squash Roll w/ Margarine Pineapple Upside Down Cake	BBQ Pork Sandwich Baked Onion Rings Mixed Vegetables Vanilla Ice Cream	Baked Ham Yams Green Beans Cornbread Peach Cobbler	French Dip Sandwich Caesar Salad French Fries Fresh Fruit Salad	Chicken Adovada Pinto Beans Calabacitas Flour Tortilla Rice Pudding
23	24	25	26	27
Baked Macaroni and Cheese Brussel Sprouts Dinner Roll w/ margarine Caesar Salad Cherry Pie	Green Chile Hamburger Lettuce/Tomato/Onion/Cheese Tator Tots Ambrosia Salad	Hot Turkey Sandwich Mashed Potatoes w/gravy Mixed Greens Tossed Salad Pumpkin Pie	Chicken Paprika Carrots w/ Almonds Breadstick w/ margarine Strawberries Tapioca Pudding	Pork Posole Spinach Salad w/ dressing Pinto Beans Flour Tortilla Strawberries & Peaches
30				
Beef Fajitas Pinto Beans Spanish Rice Salsa Peanut Butter Cookie Lowfat Yogurt				